



Breakfast Prices

Adult - \$2.00
Milk - \$.60

Milk Variety Offered Daily:
1% White
FF Chocolate



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



MENU IS SUBJECT TO CHANGE

Monday

1
Cereal & Toast
Peaches
Milk

8
Breakfast Pizza
Peaches
Milk

15
Cereal & Toast
Peaches
Milk

22
IN THE EVENT OF INCLEMENT WEATHER
AND ADDITIONAL DAYS OF ATTENDANCE
ARE NEEDED, THERE WILL BE MANAGER'S
CHOICE ON THOSE DAYS.

29

Tuesday

2
Mini Pancakes
Pears
Milk

9
Egg/Cheese
Breakfast Slider
Peaches
Milk

16
Yogurt & Toast
Apple Slices
Milk

23

30

Wednesday

3
Biscuit & Gravy
Fruit Mix
Milk

10
Cereal & Toast
Fruit Mix
Milk

17
Biscuit & Gravy
Fruit Mix
Milk

24

31

If you have any questions or comments,
please contact the Food Service Dept. at
(618)451-5800 or
gloria.harrison@gcds9.net
cheryl.wilson@gcds9.net

Thursday

4
Pop-Tart
Fruit Mix
Milk

11
Dutch Waffle
Apple Slices
Milk

18
Long John Donut
Applesauce
Milk

25

Friday

5
Cereal & Toast
Apple Slices
Milk

12
Mini Pancakes
Pears
Milk

19
Manager's
Choice

26





Lunch Prices
Student - \$2.35
Reduced - \$.40
Adult - \$3.25
Milk - \$.60

Milk Variety Offered Daily:
 1% White
 FF Chocolate



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



MENU IS SUBJECT TO CHANGE

Monday

Chicken Nuggets **1**
 Romaine Salad
 Carrots
 Pear Cup
 Milk

Tuesday

Chicken Noodle **2**
 Casserole
 Mashed Potatoes
 Corn
 Apple Slices
 Milk

Wednesday

Mini Corn Dogs **3**
 Baked Beans
 Fruit Cocktail
 Milk

Thursday

Pizza Crunchers **4**
 Mixed Vegetables
 Fruit Cup
 Milk

Friday

Breaded **5**
 Chicken on WG Bun
 Green Beans
 Applesauce
 Milk

Hot Dog on **8**
 WG Bun
 Carrots
 Diced Pears
 Milk

Chicken BBQ **9**
 Drumstick
 Mashed Potatoes
 W.K. Corn, Dinner Roll
 Apple Slices
 Milk

Spaghetti with **10**
 Meat Sauce
 Romaine Tossed Salad
 Lite Italian Dressing
 Peas
 Diced Peaches, Milk

Grilled Cheese **11**
 Green Beans
 Mixed Fruit
 Milk

Ham & Cheese **12**
 On Goldfish Bread
 Baked Beans
 Tator Tots
 Pineapple Chunks
 Milk

Cheeseburger on **15**
 WG Bun
 Oven Fries
 Baked Beans
 Mixed Fruit Cup
 Milk

Bosco Sticks **16**
 Peas
 Applesauce
 Milk

Chicken Rings **17**
 Mashed Potatoes
 Green Beans
 Peaches
 Milk

Manager's **18**
 Choice

Manager's **19**
 Choice

22

IN THE EVENT OF INCLEMENT WEATHER AND ADDITIONAL DAYS OF ATTENDANCE ARE NEEDED, THERE WILL BE MANAGER'S CHOICE ON THOSE DAYS.

23

24

24

26

29

30

31

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